

NYC Quits!

Stress Reduction Worksheet

Feeling stressed out?

Smokers often reach for a cigarette when feeling stressed. To quit smoking successfully, it is important to learn healthy strategies to deal with stressors and to understand that quitting smoking takes time and patience.

Managing stress is all about taking charge: taking charge of your thoughts, emotions, schedule, environment and the way you deal with problems. The ultimate goal is a balanced life, with time for work, relationships, relaxation and fun. Identifying ways to manage your stress while quitting smoking can help you avoid slipping up.

I plan to manage my stress by:

1. Getting enough sleep at night
2. Avoiding drugs and alcohol
3. Practicing [relaxation](#) exercises
4. Scheduling time for enjoyable activities
5. Not taking on more than I can handle
6. Eating healthy foods and avoiding junk food
7. Going for a jog, walk, bike ride or [other activity](#)
8. Focusing on the positive
9. Enjoying the outdoors
10. Being willing to compromise
11. Joining a martial arts or yoga class
12. Writing in my journal on a daily basis
13. Spending less time in front of the TV
14. Expressing my feelings instead of bottling them up
15. Having a good laugh
16. Other _____
17. Other _____



Print this checklist out and refer to it often, especially if you are feeling overwhelmed.